



## DC FREE SUMMER MEALS

### HELP MAKE SUMMER A NUTRITIOUS AND HEALTHY EXPERIENCE FOR CHILDREN AND TEENS IN YOUR NEIGHBORHOOD!

Did you know that anyone ages 18 and below can get **FREE** tasty and nutritious meals throughout the summer? There are approximately 300 meal locations across the city in parks and recreation centers, community centers, schools, churches, housing complexes and apartment

buildings. The program operates June 22 - August 31. No enrollment is required.

To find the closest DC Free Summer Meals site near you please call 211 Answers, Please! at (202) 463-6211 or visit [www.summeryouthprogram.dc.gov](http://www.summeryouthprogram.dc.gov).

#### EVERYONE WINS WITH DC FREE SUMMER MEALS:

- Children have nutritious meals and a chance to interact with peers.
- Parents stretch food dollars.
- We all get a healthier, safer community when our children's physical and social needs are met.

Good nutrition is essential for learning in school! Learning does not end when school is out and neither does the need for good nutrition. Eating well increases the ability of children and youth to be productive, attentive, and healthy.

